Current Status of Claims

1. (*currently amended*)

A training apparatus consisting of a direction reversal means (1), suspendable from a fixed support and having two sides, a rope (2) which is passed via the suspended direction reversal means (1), a first part (2') of the rope being arranged to hang down from one side of the direction reversal means and having a lower end, a handle loop (2") being provided at the lower end of the first part (2') of the rope, and a second part (2"') of the rope being arranged to hang down from the other side of the direction reversal means,

wherein the apparatus has a rope locking device (4) with two opposite sides, one of said sides having a rope receiving groove and a sideway opening through which the second part of the rope can sideways enter the rope receiving groove to be releasably locked therein and can be relased by being pulled out sideways therefrom, said rope receiving groove having a set of inclined keyway wedging elements (4'') to releasably engage the second part (2''') of the rope when it is in the rope receiving groove and disengage and release the second part (2''') of the rope when it is pulled sideways and outwardly from said rope-receiving groove,

wherein an opposite side of said locking device (4) is attached to the first part (2') of the rope between the direction reversal means and the handle loop,

whereby the locking device (4) is cooperable with the second part (2"') of the rope to provide said releasable engagement between the locking device (4) and the second part (2"') of the rope, **and wherein the locking device (4) has a guide (7; 8) for the second part of the rope, which covers at least a portion of the sideway opening of the locking device (4), to limit movement of the second part (2''') of the rope sideways out of said rope receiving groove in the locking device (4) when the second part (2"') of the rope is pulled sideways and outwardly from said rope receiving groove to release the second part of the rope from a locked engagement position in said rope receiving groove in order to readjust the engagement position of the locking device (4) on the second part (2"') of the rope**.

Current Status of Claims *(cont'd)*

2. (*deleted*)

3. (*deleted*)

4. (*currently amended*)

An apparatus as disclosed in claim [~~2~~] **1**, wherein the guide (7) is an elastically yielding belt.

5. (*currently amended*)

An apparatus as disclosed in claim [~~2~~] **1**, wherein the locking device (4) has an upper end and a guide pin (6) at the upper end above said rope receiving groove and said inclined keyway wedging elements to limit sideways **and outwardly directed** movement of the second part (2''') of the rope [~~sideways and outwardly~~] relative to the rope receiving groove when the second part (2''') of the rope is in the locking device (4) at said one side.

6. (*deleted*)

7. (*currently amended*)

An apparatus as disclosed in claim [~~2~~] **1**, wherein the guide (8) is a flap which is pivotal against spring force relative to the locking device (4).

8. (*previously presented*)

An apparatus as disclosed in claim 1, wherein the first part (2') of the rope is attached to the locking device (4) by a retaining slot (5) on the locking device (4).

Current Status of Claims *(cont'd)*

9. (*previously presented*)
An apparatus as disclosed in claim 1, wherein the first part (2') of the rope is attached to the locking device (4) by a clamp (5') on the locking device (4).

10. (*new*)
An apparatus as disclosed in claim 5, wherein at said upper end there is a space between the guide pin (6) and a part of the locking device having said rope receiving groove and said inclined keyway wedging elements, said space being configured for transverse insertion of the second part (2"') of the rope into engagement with the locking device, and wherein said guide (7; 8) is configured to at least partly cover said space subsequent to said insertion.

11. (*new*)
An apparatus as disclosed in claim 5, wherein the guide (8) is a pivotable flap having pivot (21) at the location of said guide pin (6).

12. (*new*)
An apparatus as disclosed in claim 10, wherein the guide (8) is a pivotable flap which has a pivot (21) at the location of said guide pin.

13. (*new*)
An apparatus as disclosed in claim 5, wherein the guide (7) is an elastically yielding belt.

14. (*new*)
An apparatus as disclosed in claim 10, wherein the guide (7) is an elastically yielding belt.

15. (*new*)

A training apparatus consisting of a direction reversal means (1), suspendable from a fixed support and having two sides, a rope (2) which is passed via the suspended direction reversal means (1), a first part (2') of the rope being arranged to hang down from one side of the direction reversal means and having a lower end, a handle loop (2") being provided at the lower end of the first part (2') of the rope, and a second part (2"') of the rope being arranged to hang down from the other side of the direction reversal means,

wherein the apparatus has a rope locking device (4) with two opposite sides, one of said sides having a rope receiving groove and a sideway opening through which the second part of the rope can sideways enter the rope receiving groove to be releasably locked therein and can be relased by being pulled out sideways therefrom, said rope receiving groove having a set of inclined keyway wedging elements (4'') to releasably engage the second part (2''') of the rope when it is in the rope receiving groove and disengage and release the second part (2''') of the rope when it is pulled sideways and outwardly from said rope-receiving groove,

wherein an opposite side of said locking device (4) is attached to the first part (2') of the rope between the direction reversal means and the handle loop,

whereby the locking device (4) is cooperable with the second part (2"') of the rope to provide said releasable engagement between the locking device (4) and the second part (2"') of the rope wherein the direction reversal means is a suspension bracket in the form of a U-shaped structure (13), wherein the arms (13, 13') of the U are hooked at their respective free ends; wherein a distance between the arms (13, 13') of the U-shaped bracket is adjustable for suspension from the architraves (12, 12') of an upper door frame of a door; and wherein the two arms each have a perforated portion (13"') for the rope (2) for the purpose of forming said direction reversal means.